

George Mason University
College of Education and Human Development
Physical Activity for Lifetime Wellness

RECR 186. DL5 – Yoga: Introduction
1 Credit, Spring 2021
M/W 3:00 pm - 4:15 pm Online
1/25-3/10

Faculty

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Prerequisites/Corequisites

None

University Catalog Course Description

Introduces students to the practice of Hatha yoga. Emphasizes yoga asanas (postures) and pranayama (breathing exercises) to enhance physical fitness and mental concentration.

Course Overview

Readings, lectures, demonstrations and class participation will be used to analyze the practice of yoga asana and yoga philosophy.

- Students with injuries or pre-existing conditions that may affect their participation must inform the instructor.
- Students with specific medical conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practice.
- All communication will be through GMU e-mail (Patriot Web Site).
- Students are required to have a yoga mat and an appropriate space in which to practice along with the Zoom digital class.
- Students are required to have a working computer camera that is turned on during class.
- Comfortable stretch clothing is required. No street clothes may be worn.
- Class will meet from 3:00-4:15 on Zoom and students are expected to be present online for class.

Course Delivery Method

- This course will be delivered online (76% or more) using synchronous via Zoom and Blackboard Learning Management system housed in the MyMason portal. You will log in to the Blackboard (Bb) course site using your Mason email name (everything before @masonlive.gmu.edu) and email password.
- **Under no circumstances, may candidates/students participate in online class sessions (either by phone or Internet) while operating motor vehicles. Further, as expected in a face-to-face class meeting, such online participation requires undivided attention to course content and communication.**

Technical Requirements

To participate in this course, students will need to satisfy the following technical requirements:

- High-speed Internet access with standard up-to-date browsers. To get a list of Blackboard's supported browsers see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#supported-browsers
- To get a list of supported operation systems on different devices see:
https://help.blackboard.com/Learn/Student/Getting_Started/Browser_Support#tested-devices-and-operating-systems
- Students must maintain consistent and reliable access to their GMU email and Blackboard, as these are the official methods of communication for this course.

Expectations

- Course Week: Our course week will begin on the day that our synchronous meetings take place as indicated on the Schedule of Classes.
- Log-in Frequency:
Students must actively check the course Blackboard site and their GMU email for communications from the instructor, class discussions, and/or access to course materials at least 2 times per week. In addition, students must log-in for all scheduled online synchronous meetings.
- Participation:
Students are expected to actively engage in all course activities throughout the semester, which includes viewing all course materials, completing course activities and assignments, and participating in course discussions and group interactions.
- Technical Competence:
Students are expected to demonstrate competence in the use of all course technology. Students who are struggling with technical components of the course are expected to seek assistance from the instructor and/or College or University technical services.
- Technical Issues:
Students should anticipate some technical difficulties during the semester and should, therefore, budget their time accordingly. Late work will not be accepted based on individual technical issues.
- Workload:
Please be aware that this course is **not** self-paced. Students are expected to meet *specific deadlines* and *due dates* listed in the **Class Schedule** section of this syllabus. It is the student's responsibility to keep track of the weekly course schedule of topics, readings, activities and assignments due.
- Instructor Support:
Students may schedule a one-on-one meeting to discuss course requirements, content or other course-related issues via telephone or Zoom. Students should email the instructor to

schedule a one-on-one session, including their preferred meeting method and suggested dates/times.

- Netiquette:

The course environment is a collaborative space. Experience shows that even an innocent remark typed in the online environment can be misconstrued. Students must always re-read their responses carefully before posting them, so as others do not consider them as personal offenses. *Be positive in your approach with others and diplomatic in selecting your words.* Remember that you are not competing with classmates, but sharing information and learning from others. All faculty are similarly expected to be respectful in all communications.

- Accommodations:

Online learners who require effective accommodations to insure accessibility must be registered with George Mason University Disability Services.

Learner Outcomes or Objectives

This course is designed to enable students to do the following:

1. Demonstrate at least 20 asanas, including proper alignment, with a strong emphasis on safe practice. Students with specific medical conditions, limited flexibility or injuries will learn appropriate modifications of poses for their own practices.
2. Identify the poses and demonstrate proficiency in “Sun Salutation” (Surya Namaskar); a Vinyasa or steady flow of 12 classic postures linked with breath work in a continuous movement.
3. Name the benefits and contraindications of asanas.
4. State the need for and importance of warm-up practices and poses.
5. Develop proficiency in the practice of three types of pranayama.
6. Demonstrate techniques of basic relaxation.

Professional Standards

N/A

Required Texts

None

Articles will be made available online via Blackboard from the following text:

Feuerstein, Georg and Bodian, Stephanie (1993). *Living Yoga*. New York, NY: Penguin Putnam, Inc.

TEDx Talks. (2012, October) *Max Strom. There is No App for Happiness* [Video File] Retrieved from <https://www.youtube.com/watch?v=LFjdog-ne9A>

Course Performance Evaluation

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, hard copy).

Assignments and/or Examinations

Class Participation (70 points) Daily attendance and participation required. 5 points will be given each day. Attendance/Participation score will be the number of points a student gains each day. Absences are excused with a doctor's note or preapproved by the instructor. Phone calls, emails, and texts do not excuse an absence. Doctor notes must be scanned and emailed immediately.

Attendance will be taken during Zoom meetings. It is required to participate during the regularly scheduled class time of 3:00-4:15. If there are extenuating circumstances, the student must contact the teacher immediately. Each class will be uploaded onto Blackboard and, with the teacher's permission, a student may make up the class and submit a journal entry about the class to earn the 5 attendance points. Class must be made up on the same day of the missed class unless absence was due to illness.

****One letter-grade will be deducted for two unexcused absences**

Journal Writings (25 points; 5 entries worth 5 points each)

Students will complete journal entries of 100 words or more reflecting on topics in required reading via Blackboard. Responses are due by 3:00 pm (beginning of class) of the next class meeting. Points will be deducted for late assignments.

Final Practical (10 points)

Students will be guided through the sun salutation. Students are expected to demonstrate recognition of poses and comprehension of safe alignment. Grades will be based on individual progress.

Total Points 105

Other Requirements:

- Activities and assignments in this course will regularly use Zoom. Students are required to have a device with a functional camera and microphone, regular, reliable access to a computer with an updated operating system (recommended: Windows 10 or Mac OSX 10.13 or higher) and a stable broadband Internet connection (cable modem, DSL, satellite broadband, etc.) with a consistent 1.5 Mbps [megabits per second] download speed or higher. In an emergency, students can connect through a telephone call, but video connection is the expected norm. Students can check their internet speed by using Google's built-in speed tester. To access the tool, do a Google search for "speed test".

Course Recordings

- Some/All of our synchronous meetings in this class will be recorded. Recordings will be stored on Blackboard and will only be accessible to students taking this course during this semester. These recordings may be used for making up missed classes.

Grade based off percentage of 105 points

A = 94 –100 = 88 –89 C+ = 78 –79 D = 60 – 69

A- = 90 –93 = 84 –87 C = 74 –77 F = 0 – 59

= 80 –83 C- = 70 –73

Professional Dispositions

See <https://cehd.gmu.edu/students/polices-procedures/>

Class Schedule

| Day | Topic | Reading/Assignments |
|----------|--|--|
| Mon 1/25 | Overview of Course Content and Zoom platform | |
| Wed 1/27 | Poses in the Sun & Moon Salutation | Read Essay on Blackboard: <i>Introducing Yoga</i> by Georg Feurstein |
| Mon 2/1 | Sun & Moon Salute | Journal Due at 3 p.m. TODAY |
| Wed 2/3 | Standing Poses | Read Essay on Blackboard: <i>A Nonviolent Approach to Extending Your Limits</i> by Ken Dychtwald |
| Mon 2/8 | Backbends | Journal Due at 3 p.m. TODAY |
| Wed 2/10 | Variations of Sun Salutation A | <i>Asana: Basic Movement Toward Health</i> by Judith Lasater |
| Mon 2/15 | Breathing with the Sun Salutation | Journal Due at 3 p.m. TODAY |
| Wed 2/17 | More Standing Poses | Read Essay on Blackboard: <i>Working with the Breath</i> by Richard Miller |
| Mon 2/22 | Balance Poses | Journal Due at 3 p.m. TODAY |
| Wed 2/24 | Flow Yoga | Read Essay on Blackboard: <i>Suffering is Not Enough</i> by Thich Nhat Hanh |
| Mon 3/1 | Review of Sun Salutations | Journal Due at 3 p.m. TODAY |
| Wed 3/3 | Review of Standing Poses | |
| Mon 3/8 | Review for Practical | |

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| Wed 3/10 | Final Practical | |
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Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.

Core Values Commitment

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

GMU Policies and Resources for Students

Policies

- Students must adhere to the guidelines of the Mason Honor Code (see <https://catalog.gmu.edu/policies/honor-code-system/>).
- Students must follow the university policy for Responsible Use of Computing (see <https://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students solely through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <https://ds.gmu.edu>).
- Students must silence all sound emitting devices during class unless otherwise authorized by the instructor.

Campus Resources

- Support for submission of assignments to Tk20 should be directed to tk20help@gmu.edu or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <https://its.gmu.edu/knowledge-base/blackboard-instructional-technology-support-for-students/>.
- Notice of mandatory reporting of sexual assault, interpersonal violence, and stalking: As a faculty member, I am designated as a “Responsible Employee,” and must report all disclosures of sexual assault, interpersonal violence, and stalking to Mason’s Title IX Coordinator per University Policy 1202. If you wish to speak with someone confidentially, please contact one of Mason’s confidential resources, such as Student Support and Advocacy Center (SSAC) at 703-380-1434 or Counseling and Psychological Services (CAPS) at 703-993-2380. You may also seek assistance from Mason’s Title IX Coordinator by calling 703-993-8730, or emailing titleix@gmu.edu.
- For information on student support resources on campus, see <https://ctfe.gmu.edu/teaching/student-support-resources-on-campus>

For additional information on the College of Education and Human Development, please visit our website <http://cehd.gmu.edu/>.